

SWITCHING PARTNERS

On all of our drills, we have the starter and his backup partnered up with a bag. If we are ever short bags or have an odd number players, we NEVER let a starter be in a rotation of three players to a bag. Starters have to get the most reps. When the player has hit the bag with a particular shoulder, coach yells “**ROTATE**” and he switches with the bag holder as fast as humanly possible. Do not waste time switching and train your players to do everything fast.

Shoulder Skills are performed during the very first part of individual. At the beginning of August, we will spend 15 minutes, but very quickly cut it back to 5 minutes and keep it lasting from 3 to 5 minutes every day for the rest of the pre-season. During the season we will do Shoulder Skills at least once that week.

FLIPPER vs HANDS

Modern rule changes have made blocking with your forearm (Fig 7-4) obsolete. Even Greg Perry, the Delaware O-line coach who helped invent and develop the Wing-T offense has stated that he would teach the use of hands instead of flipper if he were still coaching today.

We believe that using hands is more natural and makes it easier to extend the arms as we rise-up, making it easier to pancake D-Lineman. We still use the shoulder to make contact, but “pin” the elbow tight against the rib cage in order to get the hand under the D-Lineman’s armpit. We call this the T-Rex Flipper. (Fig 7-4).

“Four Point Contact”: Shoulder (1), foot (2), and both hands (3) & (4) all make contact at same time.

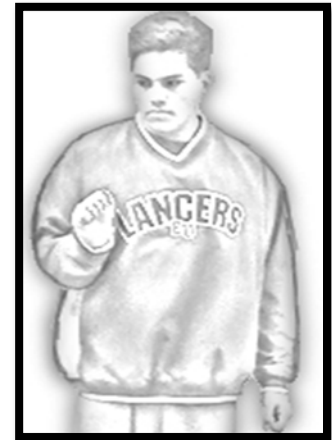


Fig 7-4: T-Rex Flipper

B.E.E.F

B.E.E.F.

To summarize the entire sequence: Blocker takes a 6-inch first step with the foot opposite the shoulder that will make contact (**BLASTOFF**). As the second foot lands, the shoulder and both hands make contact in strategic places (**EXECUTION**). The arms extend out and up as the hips explode forward (**ELEVATION**). As the third and fourth steps drive forward, the blocker is standing the defender straight up using a motion similar to a military or incline pressing motion (**FINISH**).



Fig 7-5: Hand Placement

